

SENIOR MEAL SITE NUTRITION EDUCATION

September is

National Fruits & Veggies — More Matters Month



University of Idaho Extension,
Public Health—Idaho North Central District
and Backyard Harvest, Inc.
are working together to offer seniors

- ⇒ Nutrition Education
- ⇒ Sample Recipes and Sample Food
- ⇒ Locally-Grown Fruits and Vegetables



September 22, 2009

Time: 11:30 a.m.

Moscow Senior/Community Center

1912 Building

412 East Third Street

Moscow, ID 83843



**Seniors, please join us to
celebrate this nationally recognized event.**

For more information, call Deb Merica at
Public Health - Idaho North Central District, (208) 799-3100

